

2026 TRAINING SCHEDULE

UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES

Our life experiences can impact our health. Join us as we review the research on how Adverse Childhood Experiences (ACEs) play a tremendous role in developing potential physical, mental and behavioral problems later in life. Learn how you can not only work to reduce ACEs but also how to help foster individual and community resilience. Training is 3-hours.

- In-person: February 12 (1:00 p.m.), April 14 (1:00 p.m.), May 6 (12:00 p.m.), June 17 (1:00 p.m.), September 8 (9:00 a.m.), October 27, and December 2 (1:00 p.m.)

COMMUNITY RESILIENCE INITIATIVE COURSE 1 AND COURSE 2

The Community Resilience Initiative (CRI) has developed courses to teach any community member interested in learning more about toxic stress and how individuals and communities build resilience across the lifespan.

CRI Course 1: Trauma-Informed is a 6-hour course that covers NEAR Science (Neuroscience, Epigenetics, ACE Study, Resilience), Brain States, and ROLES strategies for individuals seeking a trauma-informed certification.

- April 9, July 14, and October 22 (9:00 a.m. to 4:00 p.m.)

CRI Course 2: Trauma-Supportive is a 6-hour course that covers the science of resiliency and shares promising strategies to build culturally and contextually resilient individuals and communities. (You must complete CRI Course 1 in order to take Course 2.)

- May 28 and November 12 (9:00 a.m. to 4:00 p.m.)

NALOXONE TRAINING/OPIOID OVERDOSE REVERSAL

A course that covers understanding opioids, how opioid overdoses happen, risk factors for opioid overdoses, and how to respond to an opioid overdose emergency with the administration of Naloxone. (1-hour virtual)

- Visit our Facebook Events page for training dates/times. Or, email prevention@rappahannockareacs.org to request a training for your organization.

NALOXONE DISPENSING

Receive a free box of Naloxone following training or get trained at the same time.

- First Thursday of every month from 1:00 p.m. to 4:00 p.m. at the Spotsylvania Sheriff's Mall Substation location within the Spotsylvania Town Center
- RACSB Clinics during office hours. (Subject to staff and Naloxone availability.) Walk-ins welcome at the local health department locations.



www.rappahannockareacs.org

To learn more and register:
www.rappahannockareacs.org/trainings

Find us on:



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ADULT MENTAL HEALTH FIRST AID

Teaches adults how to identify, understand and respond to signs of mental illness and substance use disorders. The training introduces common mental health challenges and gives you the skills to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Training is from 8:30 a.m. to 5:00 p.m.

- February 3, April 7, July 21, September 29, and December 15

YOUTH MENTAL HEALTH FIRST AID

Teaches adults how to identify, understand and respond to signs of mental illness and substance use disorders in adolescents. The training introduces common mental health challenges for youth and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Training is from 8:30 a.m. to 5:00 p.m.

- March 3, May 12, August 18, and November 3

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

The LivingWorks Applied Suicide Intervention Skills Training, commonly referred to as ASIST, is a 2-day interactive workshop in suicide first aid. Participants learn to recognize when someone may have thoughts of suicide and to work with the individual to create a plan that will support their immediate safety. ASIST can be learned and used by anyone ages 16 and older.

- March 25-26, July 28-29, and September 23-24 (8:30 a.m. to 5:00 p.m. both days; must be fully present both days)

SAFETALK

The LivingWorks safeTALK course is a 3-hour face-to-face workshop that encourages participants to learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to community resources for additional support. It is appropriate for anyone age 16 and older.

- February 12 (9:00 a.m.), April 28 (9:00 a.m.), June 4 (9:00 a.m.), September 16 (2:00 p.m.), and November 18 (1:00 p.m.)

LOCK AND TALK

RACSB is a proud founder of the Lock and Talk Virginia suicide prevention initiative. Learn about lethal means safety, education opportunities, and community initiatives like The Gun Shop Project. Lock Meds. Lock Guns. Talk Safety. Learn more at www.lockandtalk.org.

Revised 1/5/2026



www.rappahannockareacsb.org

NEW

PRIMEROS AUXILIOS DE SALUD MENTAL (MHFA) DE ADULTOS PARA LAS COMUNIDADES HISPANOHABLANTES

6 DE FEBRERO

5 DE MAYO

4 DE AGOSTO

15 DE OCTUBRE

8:30 A.M. A 5:00 P.M.

To learn more and register:
www.rappahannockareacsb.org/trainings

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